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UNITED STATES FOOD ADMINISTRATION
DIVISION OF HOME CONSERVATION

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How to Sweeten Cranberries

Cranberries are now in the markets. They find a ready place on the table. They always are associated with Thanksgiving and Christmas dinners. This year the scarcity of sugar may cause many to hesitate to use them. Cranberries may be served without emptying your sugar bowl.

Because of the acid content of cranberries, sweeteners such as sorghum, cane or corn sirup may be used even more successfully than with other fruits. Cranberries may be combined with other fruits which are sweet, such as apples, figs, and raisins, either to extend or modify the cranberry flavor or to add sweetness to it.

Cranberries are a valuable food because of the iron and acid they contain. Many like the acid flavor while others acquire a taste for it. The recipes suggested use sugar savers.

CRANBERRY SAUCE.

Cranberries.....	1 quart.	Water.....	3 cups.
Raisins or figs or coconut.....	1 cup.	Sorghum or cane sirup.....	$\frac{1}{2}$ cup.

Inspect and wash cranberries. Prepare raisins, cut in small pieces, and add to cranberries and other ingredients, and cook until tender.

CRANBERRY SAUCE.

Cranberries.....	1 quart.	Sorghum or cane sirup.....	$\frac{1}{2}$ cup.
Water.....	3 cups.		

Cook cranberries with water and sweetening until soft, about 20 minutes.

CRANBERRY JELLY.

Cranberries.....	2 quarts.
Water.....	1 quart.
Light sirup.....	1 to $1\frac{1}{2}$ cups.

Cook cranberries in the water 20 minutes. Put through a sieve. This amount should make about 1 quart of juice and pulp. Add sweetening and cook about 10 minutes, or until it will give a jelly. Turn into molds.

CRANBERRY-APPLE JELLY.

Apple juice.....	1 pint.	Sugar.....	$\frac{3}{4}$ cup.
Cranberry juice.....	1 pint.	Sorghum or sirup.....	$1\frac{1}{2}$ cups.

Prepare apple juice as for apple jelly. Add prepared cranberry juice and boil 5 minutes. Add sweetening; boil until it gives the jelly test. Turn into glasses. A large proportion of cranberry may be used if desired.

CRANBERRY GELATIN.

Gelatin.....	$2\frac{1}{2}$ tablespoons.	Sugar.....	$\frac{1}{2}$ cup.
Boiling water.....	$\frac{1}{2}$ cup.	Sorghum or sirup.....	$\frac{1}{2}$ cup.
Cold water.....	$\frac{1}{4}$ cup.	Lemon juice.....	1 tablespoon.
Cranberry juice.....	$1\frac{1}{2}$ cups.		

Soak gelatin in 3 tablespoons of cold water. When soft add boiling water and other ingredients. Strain and turn into a mold and chill. Serve with whip cream. Whip cream may be beaten into jelly as it begins to set.

CRANBERRY SNOW PUDDING.

Use plain cranberry gelatin given above. When it begins to stiffen beat with Dover egg beater until frothy. Add 2 or 3 stiffly beaten egg whites and continue whipping until mixture holds its shape. Turn into molds and chill. Serve with custard sauce.

CRANBERRY PUDDING SAUCE.

Cranberry juice.....	1 cup.	Flour.....	2 tablespoons.
Sirup.....	$\frac{3}{4}$ cup.	Lemon juice.....	1 $\frac{1}{2}$ tablespoons.
Water.....	$\frac{1}{2}$ cup.		

Mix flour with cold water. Add to juice and sweetening and bring to a boil; cook 5 minutes; stir constantly. Add lemon juice and serve hot. Use on vanilla cornstarch or steamed puddings.

CRANBERRY CORNSTARCH PUDDING.

Milk.....	1 pint.	Cranberries chopped.....	$\frac{1}{2}$ cup.
Cornstarch.....	3 tablespoons.	Coconut or nuts.....	$\frac{1}{4}$ cup.
Sorghum or sirup.....	$\frac{1}{2}$ cup.		

Moisten cornstarch with a little cold milk. Add to remainder heated in a double boiler. Add sweetening, chopped cranberries, and coconut. Cook until thickened and turn into molds.

CRANBERRY AND APPLE PUDDING.

Rice.....	$\frac{3}{4}$ cup.	Cranberries.....	1 cup.
Water.....	3 cups.	Sorghum or sirup.....	$\frac{1}{4}$ cup.
Apples.....	3 large.	Raisins (if desired).....	2 tablespoons.

Steam the rice until soft in a double boiler. Grease a pan and line it with cooked rice, reserving some for the top. Peel and core the apples and cut the cranberries in halves. Cut the apples into thin slices. Mix the two fruits together and fill the pan, putting a layer of fruit and then a layer of sweetening. Cover the top with a layer of rice. Put on a greased paper and steam for one-half to three-fourths hour until the fruit is quite cooked. Turn out onto a hot dish and serve with custard sauce.

DRIED CRANBERRIES.

Cranberries may be dried to extend their season. They are valuable in giving color to sauces and desserts. Add a few to puddings and sauces to improve flavor and color.

CANDIED CRANBERRIES.

Cranberries.....	1 cup.
Sirup.....	$\frac{1}{2}$ cup.

Choose large red cranberries and prick each one three or four times. Drop them carefully into the boiling sirup and allow them to cook slowly for 5 or 6 minutes. Remove from fire and allow to stand overnight. Reheat and allow them to stand another night, if possible. Then while hot, remove the berries from the sirup and drop on well oiled paper or plate to dry. These may be used in the place of candied cherries for decorations.



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